



Iowa Department of Public Health

By the Numbers: Youth Mental Health Disparities in Iowa

RHONDA CHITTENDEN
IOWA YOUTH HEALTH ASSESSMENT PROGRAM
MAY 2021



Objectives

**BY THE END OF THIS SESSION,
YOU WILL BE ABLE TO:**

1. Describe the quantitative evidence of mental health disparities in Iowa students
2. Utilize Youth Risk Behavior Survey (YRBS) and Iowa Youth Survey (IYS) data to guide program planning, funding and policy decisions

About Iowa Youth Health Assessment Program

**BUREAU OF
PUBLIC HEALTH PERFORMANCE**

rhonda.chittenden@idph.iowa.gov



Youth Health Surveys

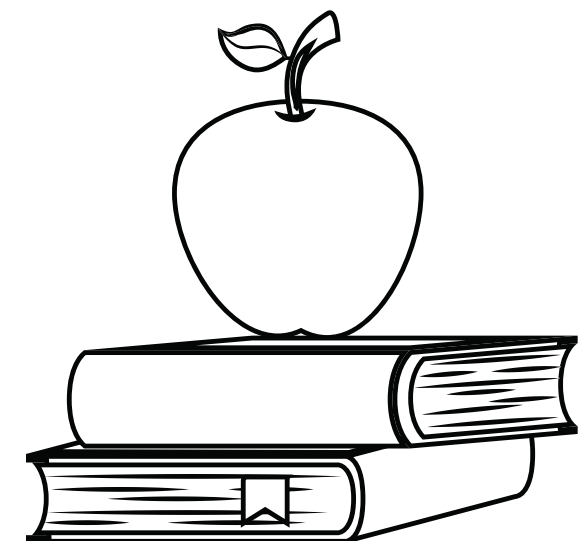
AT IDPH



Youth Risk Behavior Survey



Iowa Youth Survey



School Health Profiles



Key Takeaways

OVERALL INCREASE IN PREVALENCE RATES
ON ALL MENTAL HEALTH MEASURES

ON NEARLY EVERY MEASURE, FEMALES REPORT
HIGHER RATES, WITH SPECIAL CONCERN FOR
8TH AND 11TH GRADE FEMALES

INCREASINGLY POOR MENTAL HEALTH FOR
LATINX FEMALE STUDENTS, 2014–2018

SIGNIFICANT DISPARITIES FOR IOWA'S
LESBIAN, GAY & BISEXUAL STUDENTS

Iowa Youth Survey (IYS)

6TH-8TH-11TH GRADERS

Census survey
n=70,451

Data represents participating students
County, State & Other reports
Special analysis, 2014-2018 data





Persistent sadness or hopelessness

- Females--32% vs Males--18% (2018)
- Higher for 11th graders than 6th or 8th
- Higher for non-white subgroups than white subgroup
- Hispanic/Latinx 11th grade females highest--49%





Thoughts of suicide

- Females--26% vs Males--15%
- Higher for 11th graders than 6th or 8th
- 11th grade females highest--32%
- Higher for non-white subgroups than white subgroup
- Non-white 8th & 11th grade females highest overall rates





Odds of Hispanic/Latinx student reporting thoughts of suicide

INCREASED 22% FROM 2014-2018

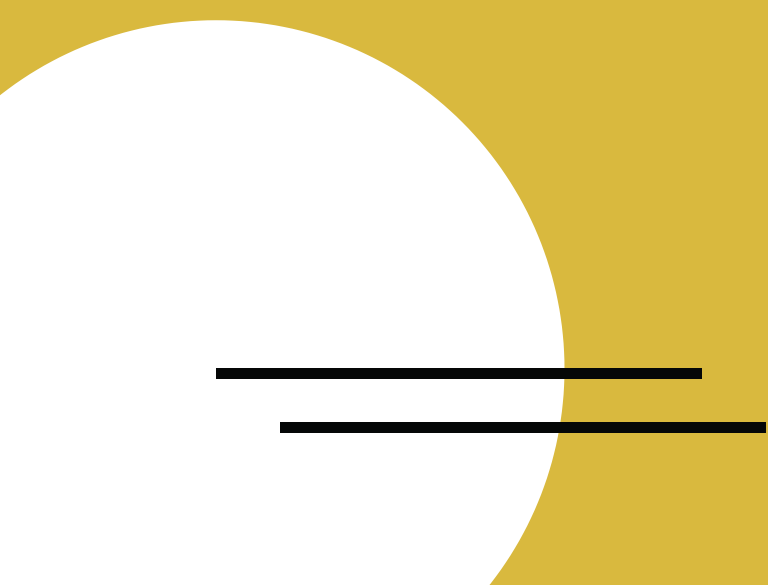





Made a plan for suicide

- Females--12% vs Males--7%
- Rates increased with age and for both genders 2014-2018
- Higher for non-white subgroups than white subgroup





Odds of female student
making a suicide attempt

TWICE THAT OF MALES



Attempted suicide

- Higher for females than males
- 8th grade females highest--8%
- Rates stayed approximately same for both genders 2014-2018
- Higher for non-white subgroups than white subgroup
- Rates for 8th grade females reached double digits for all racial/ethnic subgroups except white and Asian





Key Takeaways

OVERALL INCREASE IN PREVALENCE RATES
ON ALL MENTAL HEALTH MEASURES

ON NEARLY EVERY MEASURE, FEMALES REPORT
HIGHER RATES, WITH SPECIAL CONCERN FOR
8TH AND 11TH GRADE FEMALES

INCREASINGLY POOR MENTAL HEALTH FOR
LATINX FEMALE STUDENTS, 2014–2018

SIGNIFICANT DISPARITIES FOR IOWA'S
LESBIAN, GAY & BISEXUAL STUDENTS



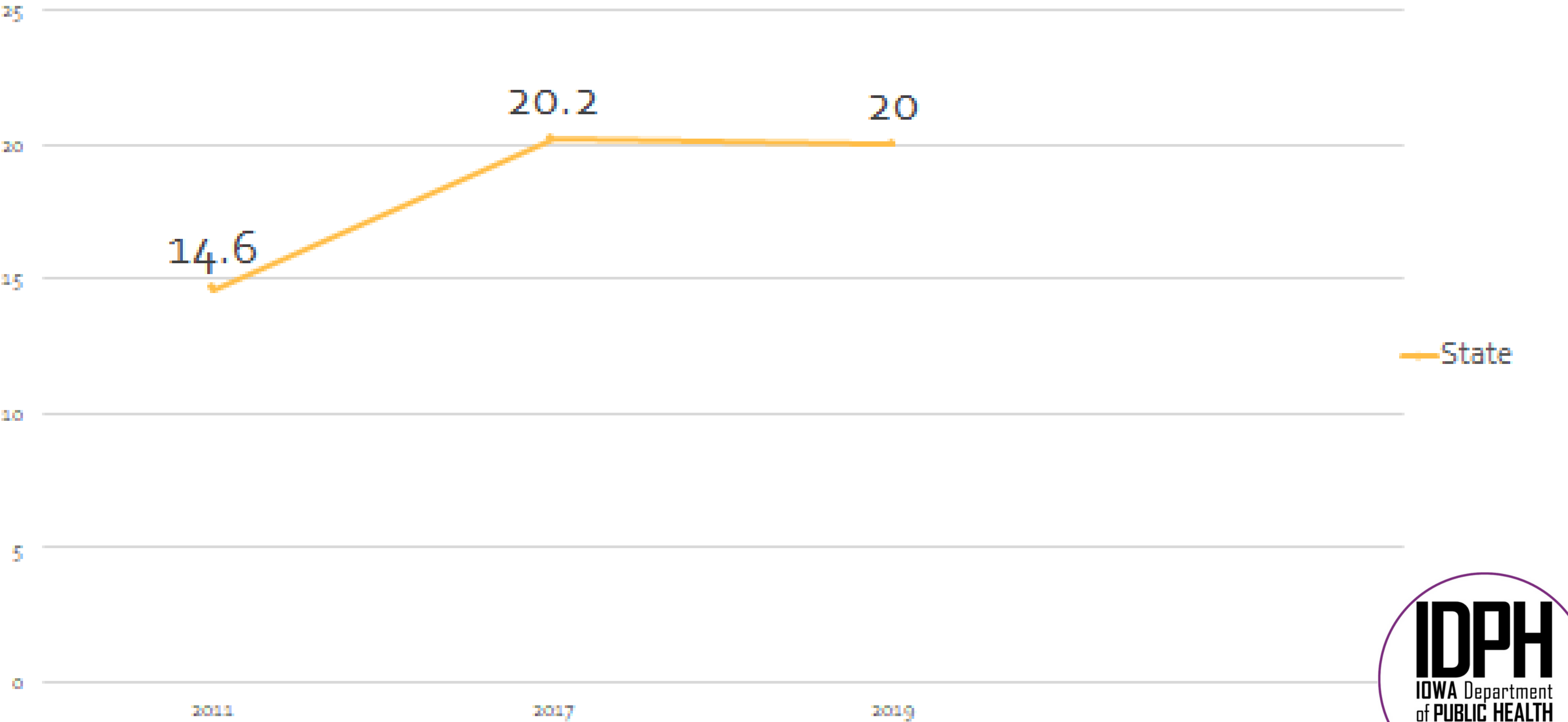
Youth Risk Behavior Survey (YRBS)

PUBLIC HIGH SCHOOL STUDENTS

Sample survey
Representative data reported at state level
Data from 2019
n=1,573 in 2019

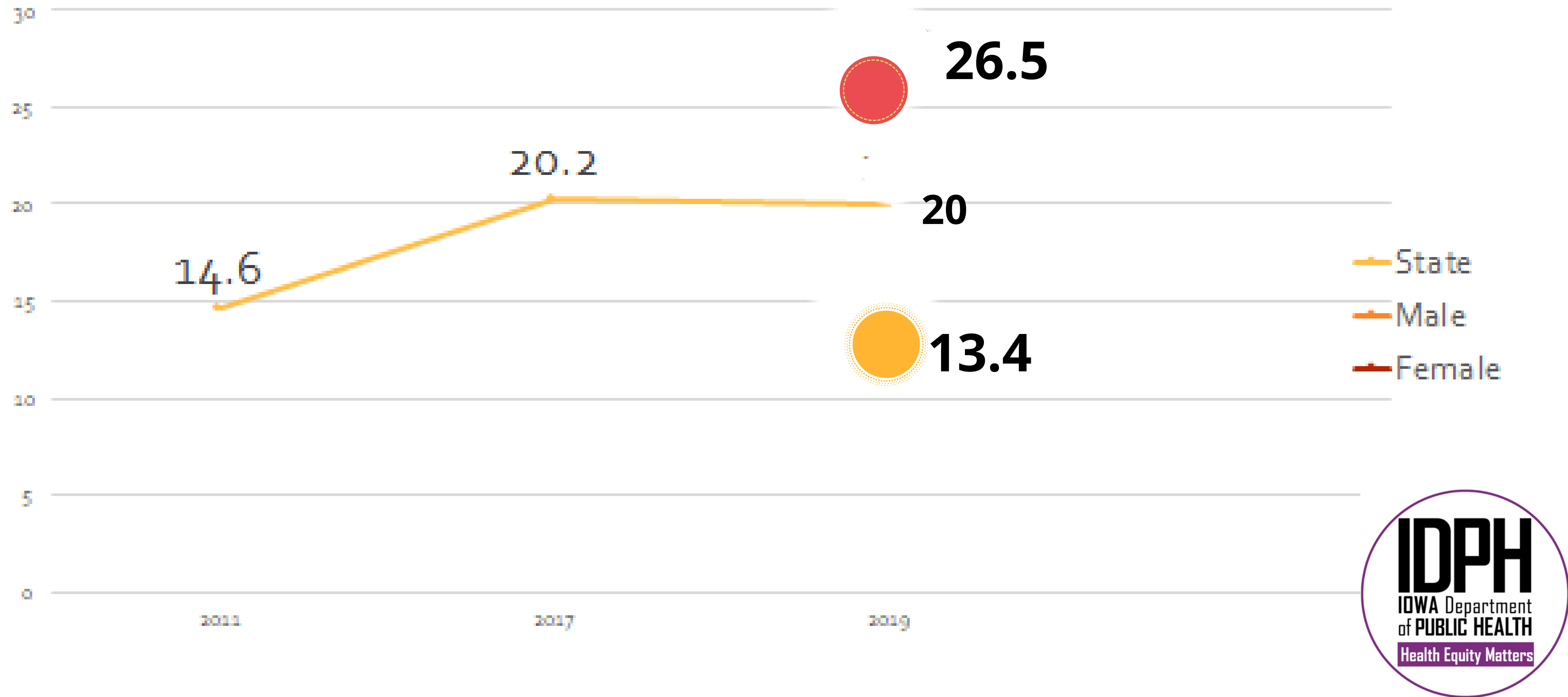


Seriously considered attempting suicide, past 12 months, 2019



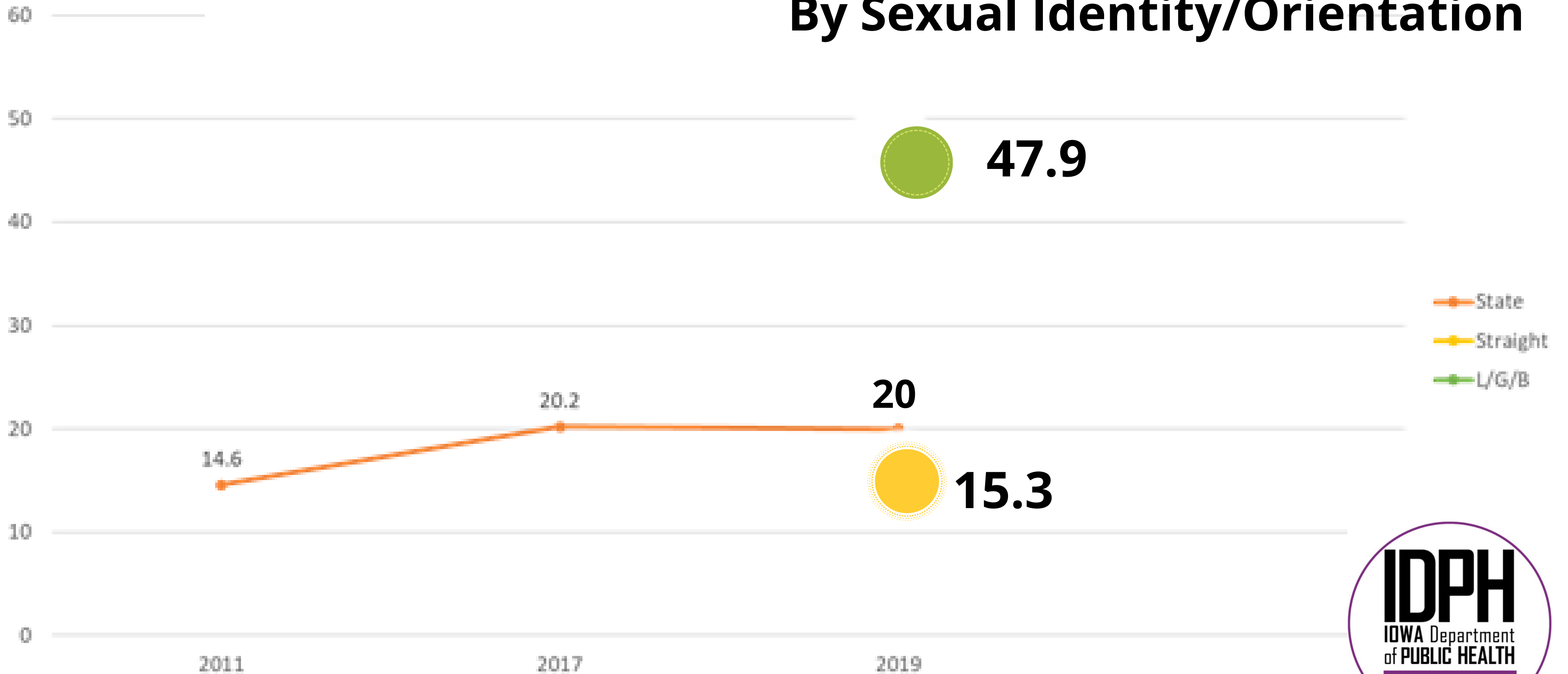
Seriously considered attempting suicide, past 12 months, 2019

By Gender



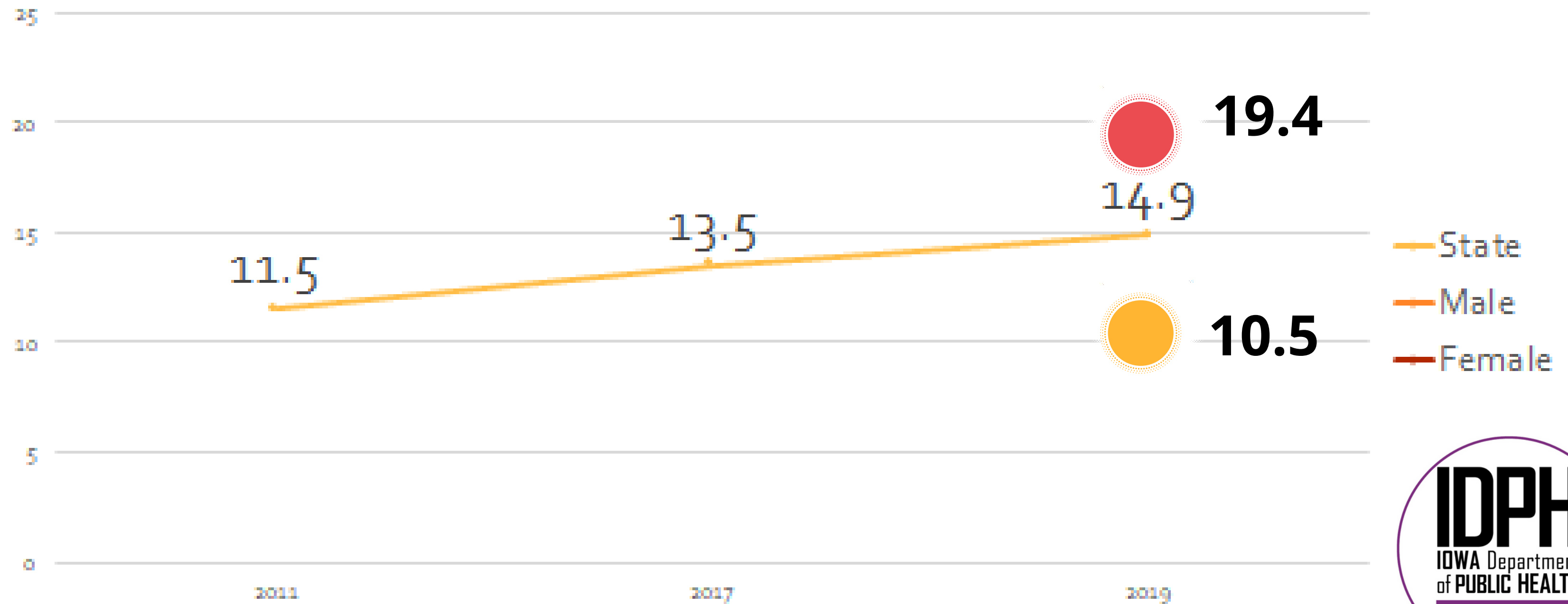
Seriously considered attempting suicide, past 12 months, 2019

By Sexual Identity/Orientation

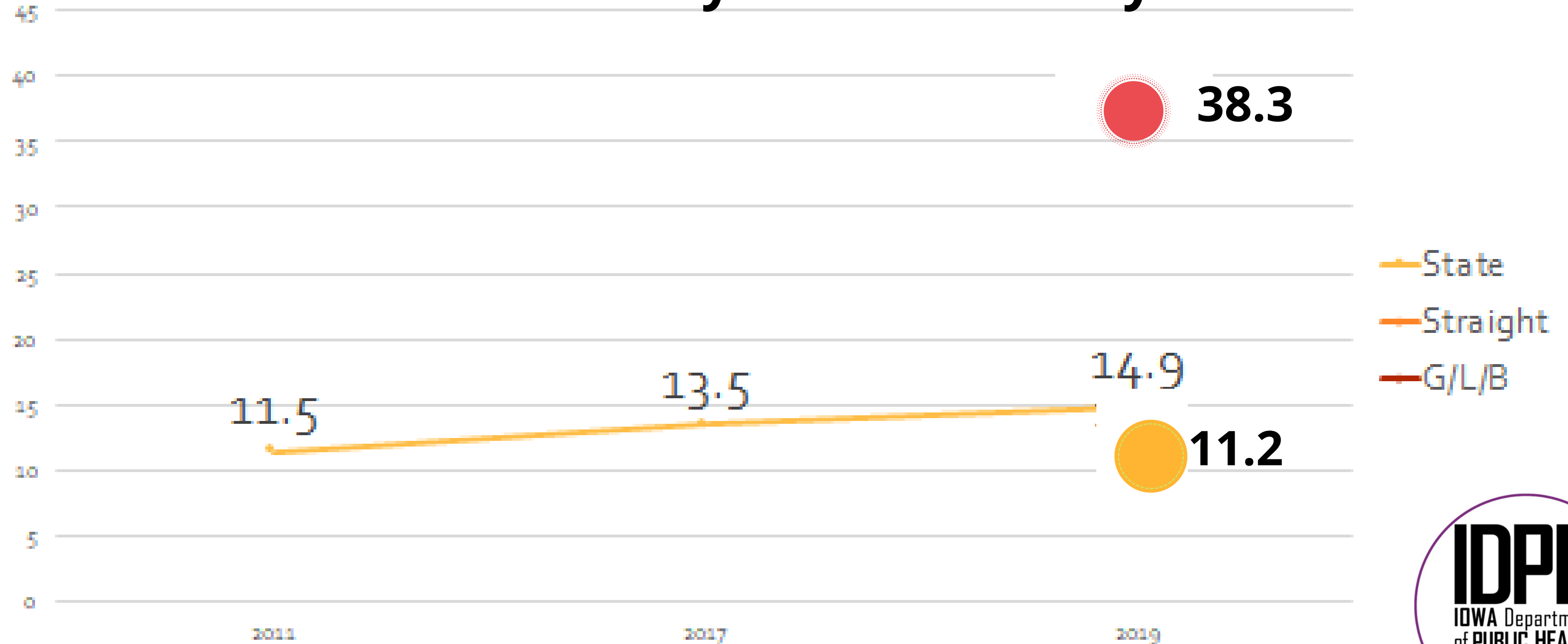


Made a plan about how they would attempt suicide, past 12 months, 2019

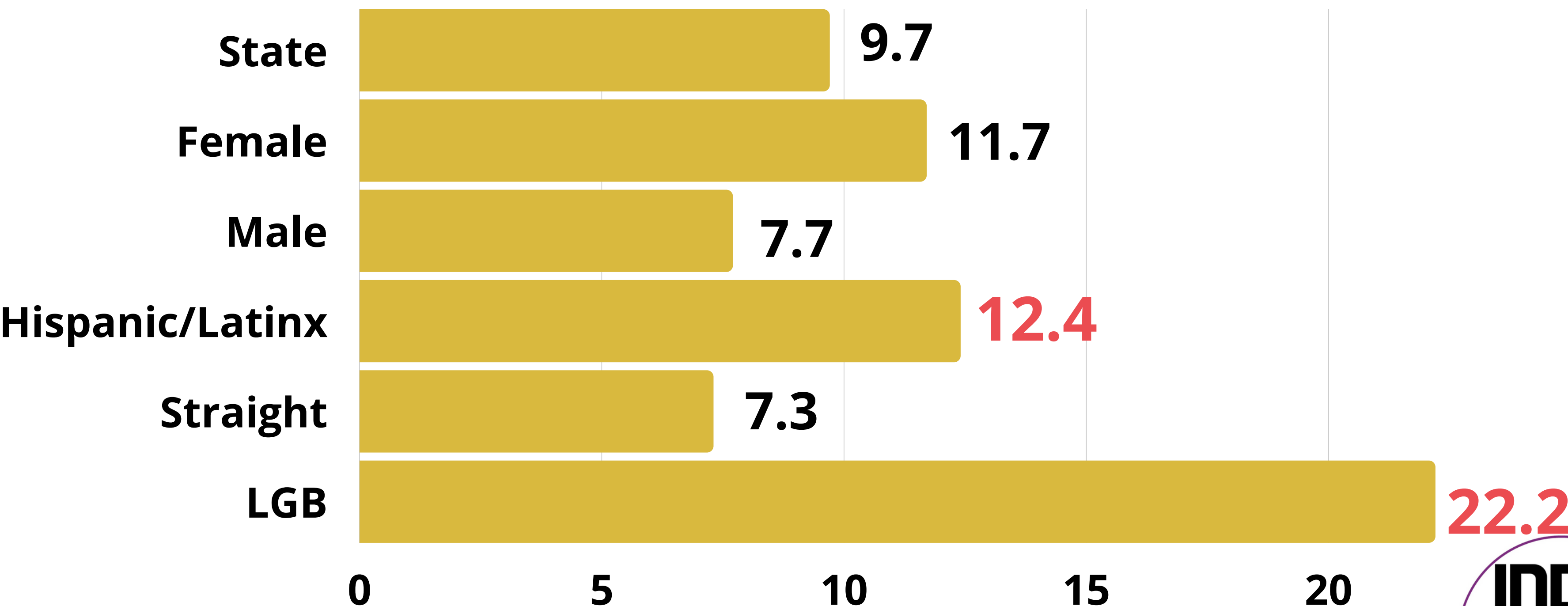
Gender



Made a plan about how they would attempt suicide, past 12 months, 2019 By Sexual Identity/Orientation



Attempted suicide, one or more times in past 12 months, 2019



2019 Iowa YRBS





100%

IOWA YOUTH WHO DESERVE A
FAIR AND JUST OPPORTUNITY TO
BE AS HEALTHY AS POSSIBLE



**Convince your
school administrators to participate
in Fall 2021 YRBS & IYS.**

THANK YOU!



Sources



CENTERS FOR DISEASE CONTROL AND PREVENTION. 2019 YOUTH RISK BEHAVIOR SURVEY DATA. AVAILABLE AT: [HTTPS://YRBS-EXPLORER.SERVICES.CDC.GOV/#/](https://yrbs-explorer.services.cdc.gov/#/).



IOWA DEPARTMENT OF PUBLIC HEALTH. BUREAU OF PUBLIC HEALTH PERFORMANCE. MENTAL HEALTH DISPARITIES AMONG YOUTH IN IOWA: ANALYSIS OF THE IOWA YOUTH SURVEY (2014, 2016, 2018). DES MOINES: IOWA DEPARTMENT OF PUBLIC HEALTH, 2021.



[HTTPS://IDPH.IOWA.GOV/PUBLICHEALTHDATA/IOWA-YOUTH-RISK-BEHAVIOR-SURVEY](https://idph.iowa.gov/publichealthdata/iowa-youth-risk-behavior-survey)